

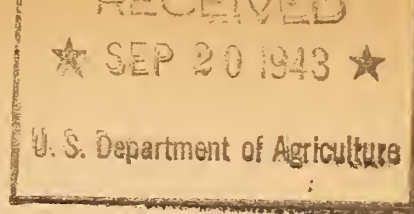
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Cooking With Honey



Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, and Maurice L. DuMars, Radio Service, in the Department of Agriculture's portion of the National Farm and Home Hour, Tuesday, September 14, 1943, over stations associated with the Blue Network.

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ANNOUNCER: Now some news to please the sweet tooth - news about honey - brought to you by your two U.S.D.A. reporters - Ruth Van Deman and Duke DuMars.

RUTH VAN DEMAN: Your turn first, Duke. You say what honey supplies are. I'll give points on cooking with honey.

ANNOUNCER: And who's going to do the eating?

VAN DEMAN: Anybody who happens along when the honey cookies come out of the oven.

M. L. (DUKE) DUMARS: Nice going, Cliff, hold her to that. Well, on the supply side, war and weather are making the honey situation rather unusual this year. Because of weather conditions we have a short honey crop from the white clover area. But better than average from California and some of the inter-mountain States. And because of the price situation on honey this year, more beekeepers are packing and marketing their own honey crop instead of selling it to commercial packers.

VAN DEMAN: Does that mean more honey will be eaten near where it's produced?

DUMARS: That's right. And the bakers and big industrial users and some city consumers will rely chiefly on imported honey for their supplies.

VAN DEMAN: Imported honey? I didn't suppose there was any such in wartime.

DUMARS: Yes, we're getting millions of pounds of honey from Cuba, Mexico, and some of the Caribbean countries.

VAN DEMAN: Wild orchid honey?

DUMARS: Don't know about the orchids. But honey from down that way is darker, stronger flavored than most of the domestic honey.

VAN DEMAN: Some people like it that way. And for cooking purposes many people like the stronger-flavored honeys. For instance, they want honey cake and honey cookies to taste like honey.

DUMARS: Ruth, can you use honey just the way you would molasses, or sugar, or any other sweetener when you make cake?

VAN DEMAN: That's a double-barrelled question, Duke. I'll answer the molasses part first. Yes, you can substitute honey, cup for cup, in a cake or cookie recipe calling for molasses. The only other adjustment is to leave out the soda called for, and use more baking powder.

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DUMARS: Then you could make gingerbread with honey instead of molasses?

VAN DEMAN: Perfectly. Honey gingerbread is delicious. Now on the sugar side of your question, Duke. The average extracted honey's about one-fifth water. Refined white sugar has no water. So the extra water in honey has to be allowed for in the cake recipe.

DUMARS: Why not just stir in some more flour?

VAN DEMAN: Sorry, but that isn't the way good cakes are made. A nice light cake is a nicely balanced mixture of fat, sweetening, flour, milk or some other liquid, eggs, and leavening agent. So if you're using honey in place of some of the sugar, it's better to leave everything else "as is" and cut down a little on the milk, to take care of the liquid in the honey.

DUMARS: Cut down how much?

VAN DEMAN: About a fourth if you're using honey for half the sugar.

DUMARS: Compound fractions! Pretty tough figuring, isn't that?

VAN DEMAN: Don't wrinkle your brow. Here it is all figured for you, in this table in our honey leaflet. How to adjust cake recipes for honey. The first recipe calls for all sugar. The next tells how to use half honey and half sugar. The next uses all honey... All clear?

DUMARS: Clear to any cakenaker, I'm sure....Ruth, what about using honey in other ways in cooking besides making cake and cookies?

VAN DEMAN: Easy enough if you just remember two or three things about honey. In the cake and quick-bread recipes you have to allow for the water in honey. And cakes or cookies made with honey burn easily. You have to keep the oven temperature as low as possible when baking with honey. Also, you don't want to boil honey mixtures any longer than necessary. The aromatic oils in honey are what give the aromatic flavor. If you heat honey too much, those aromatic oils evaporate and you lose the delicate flavor of the honey.

And one more thing, honey takes up moisture from the air. Honey cake or honey candy tends to get softer and more moist as it stands.

DUMARS: Isn't that all to the good?

VAN DEMAN: Yes, if you understand it's going to happen and allow for it in the recipes.

DUMARS: Is that leaflet of honey recipes you have there available to anyone who wants it?

VAN DEMAN: Yes, anyone, including our Farm and Home friends. Just send a post card to Home Economics, U. S. Department of Agriculture, Washington 25, D. C. Ask for the honey leaflet. The full title is "Honey and Some of Its Uses." And success to you in cooking with honey.